Corn fritters with tomato and avocado salsa

People with Down Syndrome



Ingredients

- 420g can creamed corn
- 420g can corn kernels, rinsed, drained
- 2 Coles Australian Free Range Eggs, lightly whisked
- 1 cup (150g) self-raising flour
- 1/4 cup (60ml) milk
- 1 tbsp olive oil
- 4 bacon rashers
- 200g cherry tomatoes, quartered
- 1 avocado, stoned, peeled, coarsely chopped
- 1 tbsp lime juice

Directions Step 1

- Combine 420g creamed corn, 420g corn kernels, rinsed, drained, and 2 eggs in a large bowl.
- Add flour and stir to combine. Stir in the milk. Season.

Step 2

- Heat I teaspoon of the oil in a large non-stick frying pan over mediumlow heat.
- Spoon three 1/4-cup portions of mixture into the pan, allowing room for spreading.
- Cook for 2 mins or until bubbles appear on the surface. Turn and cook for a further 2 mins or until golden and cooked through.
- Transfer to a plate.
- Cover with foil.
- Repeat, in 3 more batches, with remaining oil and mixture.





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Step 3

- Increase heat to high.
- Cook 4 bacon rashers in the pan for 2 mins each side or until crisp. Transfer to a plate lined with paper towel.

Step 4

- Combine the 200g of cherry tomatoes, 1 avocado, stoned, peeled, coarsely chopped, and 1 tbsp of lime juice in a small bowl.
- Season.

Step 5

- Divide the fritters and bacon among serving plates. Top with the tomato mixture.
- Season with pepper.





